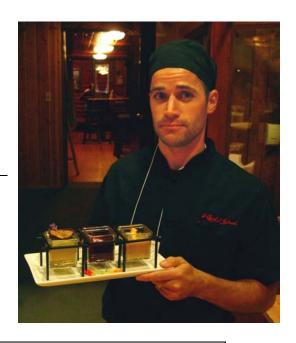
# Montana Chef Competition 2005 Culinary Excellence Award Gold Class: Appetizer

Recipe Name: Chilled Soup Trio

**Chef**: Chef Jim Tracey

Restaurant: Red Bird



### **Chef Profile:**

Jim Tracey, Chef & Owner of Red Bird, 120 W Front St # 105, Missoula, received a Gold Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

Tracey has been at Red Bird for nine years. His Gold Class award was in the Appetizer category for a creation titled *Chilled Soup Trio*. (See recipe.)

His advice to aspiring cooks: "Make the soups at least 24 hours prior to serving to let the flavors develop. Serve in chilled cups or glasses."

*Yield:* 6-8 portions

**Montana Products**: Missoula Farmer's Market – corn, carrots, onions, cucumber, green bell pepper, beets; Kinsey Farm - garlic; Bitterroot Organics – fresh bay leaves, basil; Garden City Fungi – shiitakes; Montola Growers, Inc. – safflower oil; Wild Bee Honey; Rattlesnake Creek Vineyard – Fat Cat white wine; Amaltheia Dairy LLC - chevre.

Soup One – Corn Consomme	
Ingredients:	Amount:
Missoula Farmer's Market Corn cobs, halved	8 each
Missoula Farmer's Market Yellow onion, chopped	1 each
Missoula Farmer's Market Celery stalks, chopped	2 each
Missoula Farmer's Market Carrot, chopped	½ each
Kinsey Farm Garlic bulbs, halved	3 each
Jalapeno, halved	1 each
Water	14 cups
Bitterroot Organics Bay leaves, fresh, whole	3 each
Peppercorns, whole	½ Tbsp.
Salt and pepper	To taste
Lavender Flower garnish	
Garden City Fungi Shiitake mushrooms, sliced	8 each Sliced
Montola Growers, Inc. Oil	

#### **Method:**

- 1. Place first 9 ingredients in a small stock pot and bring to boil.
- 2. Reduce heat to low and simmer for 60 to 90 minutes (until corn flavor imparts into water).
- 3. Strain, chill and season with salt and white pepper.
- 4. Garnish with lavender flower and crisp shiitake mushrooms.

Soup Two – Grape Gazpacho	
Ingredients:	Amount:
White grapes, seedless	3 ½ cups
Missoula Farmer's Market Red onions, chopped	½ cup
Kinsey Farm Garlic, smashed	3 cloves
Missoula Farmer's Market Cucumber, peeled, seeded and	½ cup
chopped	
Missoula Farmer's Market Green bell pepper, chopped	<sup>3</sup> / <sub>4</sub> cup
Green plums, halved	1 cup
Lemon juice, fresh	1 each
Lemon zest	¹⁄₄ tsp.
White pepper	¹⁄₄ tsp.
Kosher salt	1 tsp.
Wild Bee Honey	2 Tbsp.
Olive oil	½ cup
Rattlesnake Creek Vineyard White wine, Fat Cat	½ cup
White wine vinegar	2 Tbsp.

## **Method:**

- 1. Place all ingredients in a food processor.
- 2. Whirl about thirty seconds and chill 24 hours.

Soup Three – Orange-Beet Purée	
Ingredients:	Amount:
Missoula Farmer's Market Beets, peeled and chopped	3 cups
Missoula Farmer's Market Yellow onion, chopped	½ cup
Kinsey Farm Garlic	4 cloves
Vegetable stock	10 cups
Wild Bee Honey	1 Tbsp.
Orange juice, fresh	2 each
Salt and pepper	To taste
Amaltheia Dairy LLC Chevre goat cheese	4 oz.
Heavy Cream	4 oz.
Orange zest, finely diced	<sup>1</sup> / <sub>4</sub> tsp.
Bitterroot Organics Basil, finely chopped	2 Tbsp.

## **Method:**

- 1. Combine first four ingredients in a small stock pot.
- 2. Bring to boil then simmer 30-40 minutes or until beets become soft.
- 3. Blend with honey, orange juice, salt and pepper.
- 4. Chill.
- 5. Combine last four ingredients using a Kitchen Aid until firm.
- 6. Serve in chilled cups with a dollop of goat cheese mixture on top.